



NORTH DAKOTA
DEPARTMENT *of* HEALTH

NEWS RELEASE

For Immediate Release:
September 11, 2014

For More Information, Contact:
Tim Wiedrich
North Dakota Department of Health
Phone: 701.328.2270
E-mail: twiedric@nd.gov

North Dakota Department of Health Urges Citizens to Plan for Emergencies *September is National Emergency Preparedness Month*

BISMARCK, N.D. – As the country remembers the events of 9/11, the North Dakota Department of Health (NDDoH) strongly encourages all residents to prepare in advance for emergencies.

“We never know when a disaster might strike, be it a tornado, blizzard, train derailment, or any number of other situations. Individuals and families should plan ahead and have an emergency kit available to help ensure their safety during a disaster,” according to Tim Wiedrich, Director of Emergency Preparedness and Response at the NDDoH.

The first step in preparing is to plan for disaster. What would you do if you could not stay in your home? What if disaster struck when your children were in school or one family member was out of town? What if cell phone service was not available? What if grocery stores were closed or you ran out of prescription medicine? Where would you go, what would you take with you, and how would you reconnect with your family or friends?

Once a plan is in place, build an emergency kit to use in the event you must leave your home or find yourself without power for a period of time. The kits should include items such as flashlights and batteries, a battery-powered radio, prescriptions, food and water. Account for the needs of all members of the household, including pets.

Once you have a plan and a kit, you should practice the plan – pretend there is an emergency to determine whether your children remember what they should do in case you get separated during an emergency. Make sure your batteries are fresh and you know how to use a radio and other emergency equipment.

“During a disaster, emergency services may not be able to help everyone right away. Individuals and families need to be prepared to help themselves for a few days, and planning and preparing an emergency kit will give great peace of mind in the event of an emergency,” added Wiedrich.

600 E. Boulevard Ave. Dept. 301, Bismarck, North Dakota 58505-0200
Phone: 701.328.2372 Fax: 701.328.4727 E-mail: health@nd.gov

Visit the health department home page at www.ndhealth.gov.

For more information, contact Tim Wiedrich at 701.328.2270.

-30-

Please note: To access archived news releases and other information, visit the North Dakota Department of Health Press Room at www.nddohpressroom.gov.

Find us on Facebook at www.facebook.com/ndhealth or twitter at twitter.com/nddoh.